



safety. Your body is very special. **No one has the right to touch your**

body in a way that makes you feel bad. Never be afraid to say NO if something does not seem safe or right to do!

Some bad guys who mistreat children are not strangers. A bad guy who mistreats you could be someone you know well. If someone tries to touch you in a way you feel is wrong, push the person away and say NO. Report what happened to a parent or trusted adult at once!

Most people are not dangerous or bad. Most people will not try to hurt you. But if a person tries to touch

you in a way that makes you feel uncomfortable say NO, get away, and report it to a parent or trusted adult right away.



Drugs, Medicines, and Poisons

Do you know what medicine is? Medicine is a drug that your parents, a doctor, a nurse or a trusted adult give you when you are sick to help make you well.

Your parents **should keep all medicines and poisons in a locked cabinet**, away from food cupboards and out of reach.

Drugs and medicine are only for people under a doctor's care.

Never take any medicine that was meant for someone else. It can make you very sick.

Always take the right amount of medicine. If you take too much, it can make you very sick!

Many drugs, medicines and poisons look like food or candy. Do not let them fool you! They can be very harmful.



Be drug-free. Say NO to anyone who wants you to try drugs.

Never touch, taste or smell anything if you are not sure what it is. It may be poison.

Medicines and poisons should be kept in their original containers, clearly marked and tightly closed.

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Do U Know?

1. Your full name and both parents' full names?
2. Your complete address with zip code and full telephone number including area code?
3. The telephone number and address of a relative, trusted adult or close friend whom you can contact in case of an emergency?
4. How to call a law enforcement agency or the operator in case of an emergency?

Tobacco and Alcohol

- Just say NO to smokeless tobacco, cigarettes and alcohol.
- Smokeless tobacco, smoking cigarettes and drinking alcohol can make you sick and shorten your life.
- People smoking cigarettes can cause fires.
- Keep your body healthy by eating and drinking things that are good for you.
- Smokeless tobacco, smoking cigarettes and drinking alcohol are addictive and difficult to quit. Be smart, don't start.



It is important to know the difference between good guys and bad guys.

KNOW THE CODE!

ALWAYS have a family code word. Change the code word frequently.

ONLY go with trusted adults who know your family "code word."

ALWAYS report any bad guys you meet or anyone who asks you to keep a "secret." Tell your parents or a trusted adult right away!

NEVER tell anyone on the phone or at the door that you are home alone. Tell them no one can come to the phone and take a message.

NEVER take money, candy, etc., from a stranger or dangerous person. Stay at least an arm's length away and get away fast.

NEVER open the door to a stranger or dangerous person.

NEVER let a stranger or dangerous person enter your home.

NEVER play in deserted buildings, vacant lots, alleyways or construction sites.

ALWAYS use the buddy system in public places.

ALWAYS REPORT someone who makes you feel uncomfortable, even if the person tells you not to. **NEVER BELIEVE** it if you are told that YOU will be in trouble if you tell. Everyone will be glad you reported what happened.



stranger (n.) stránj - er

1. Someone you have never seen before. **2.** Someone whose name you do not know **3.** Not every stranger is dangerous **4.** Not every stranger intends to do harm.

dangerous person (n) dán - jə - res / per - sen

1. Can be young or old, man or woman, tall or short or look like you or me.

abductor (n) ab - dek - ter

1. May try to lure you away by using many different tactics such as: offering money, candy, pets, rides, gifts or asking for directions or help.

If you are in a scary situation with a stranger, run away fast and attract attention by yelling NO, HELP, STOP or "This person is hurting me." Tell a trusted adult what happened right away.